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Emotional Freedom

*Get Ready to **HEAL YOUR HEART***
Clear your Blocks to Love and step into the **BEST**
VERSION of yourself.

Disclaimer: This information is provided for educational purposes only based on our own personal experiences. Your personal circumstances may differ. This is in no way a replacement for professional medical advice or medication. Please seek professional medical advice prior to performing any of these activities.

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INTRODUCTION

Welcome!

I want to congratulate you for taking the first step to creating more calm and releasing negative emotions - you have landed in the right place.

In case you don't yet know much about who I am, my name is Loretta Morgan. I am the Founder & Coach here at - 'HYBRID HEALING'.

For the past 20 years, I have developed the skills and strategies to help women heal their hearts, improve their mindset, increase performance and release what's holding them back from having their dream business & life and I am ready to help you, Are you ready to set yourself free from the negative emotions that hold you back?

Many Blessings
Loretta xx



WHAT IS EFT

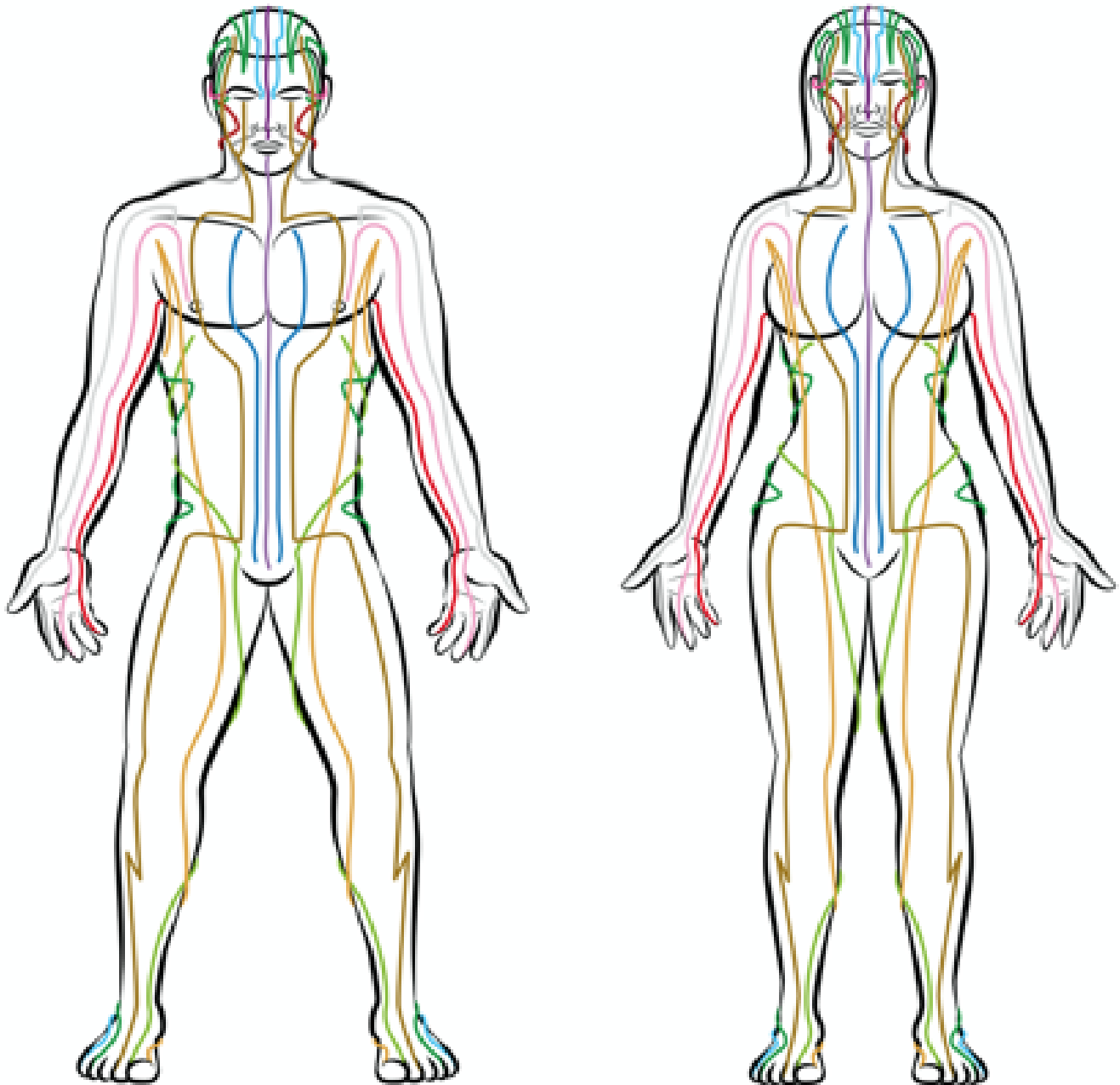


EMOTIONAL FREEDOM TAPPING

This is like acupuncture but without the needles. Negative energy can get stuck in our system and as a result can cause much dis-ease in the body.

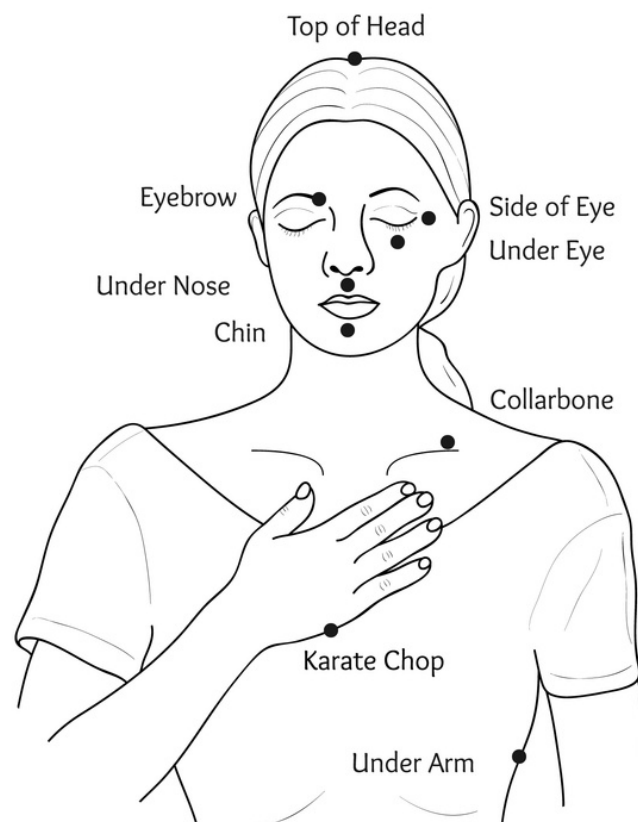
This quick, easy and effective technique helps you to unblock and release trapped negative energy in the energy system called meridians. We tap on various points whilst making clear and concise statements to target and release the energy. For some this technique might take a few rounds for others it may be super quick, just stick with it.

ENERGY MERIDIANS



TAPPING POINTS

Below is a chart that helps you identify the tapping points which stimulate the energy system, you are tapping into your energy meridians and coupled with the clear and concise statements helps to release negative emotions trapped and blocking up the flow of energy in your system.



EFT Tapping Points

Personal responsibility is required before performing this activity, ensure you are in a quiet, uninterrupted place with support close by before performing this activity.

If you are feeling overwhelming emotions we recommend going straight to the heart-math breathing technique, please familiarise yourself with this before you begin, you can also continue with the tapping technique as this assists in the regulation of your emotions. You can access the breathing technique here:

<https://www.heartmath.com/quick-coherence-technique/>

- Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable.)
- Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.

WHAT TO SAY

- Tune into your feeling, be specific around the emotion you are feeling.
- Where is it in your body
- What is the intensity of this on a scale of 1-10 (10 being the most intense).
- If it was a colour, what colour would it be?
- If it had a texture, what texture would it be?
- Set Up Statement - while tapping on the karate chop point say this - even though I have this (state emotion, colour texture and location in your body) I deeply and completely love and accept myself, even though I have this (state emotion, colour texture and location in your body) I can choose to let it go , it is safe to let it go. Move through the tapping points, you can double tap using two hands if you like, I like to use this method as it taps into both sides of the neurological pathways of the brain. Keeping going through all the tapping points and after one round measure the intensity and ask yourself the questions again. Tune into yourself , has the emotion, colour, intensity, texture changed then adjust your set up statement to reflect the new colour, feeling, location, texture. Keep going until you have brought the emotion right down or until it's gone completely.

CONCLUSION

My hope is that this technique gives you a quick, easy, and effective tool to help you regulate your emotions and feel a sense of calm in your heart. When we are calm and clear we can make better-informed choices and what's more, we have the ability to really lift our vibration and free ourselves from what holds us back.

If you would like to work with me on a deeper level please reach out and let's see if it's a fit.

Warm regards.

**Contact: loretta@hybridgroup.com.au
www.hybridhealing.com**

I am looking forward to working with you soon.

A handwritten signature in black ink that reads "Loretta Morgan". The script is fluid and cursive, with the first name "Loretta" and the last name "Morgan" clearly distinguishable.

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